

Why the Personal Health Investment Today Act (PHIT) makes sense.

PHIT recognizes the growing shift in healthcare cost-sharing and decision-making toward the patient-consumer.

- As consumers carry more of the healthcare-cost burden, they're becoming more discriminating in how their healthcare dollars are spent.
- Consumers want more options for their Health Savings Accounts (HSAs) and Flexible Spending Accounts (FSAs) dollars. As a key component of primary prevention, exercise should be included under the HSA and FSA umbrellas.

PHIT is listening to millennials, our nation's largest living generation and the biggest percentage of our workforce.

- The nation's 75.4 million millennials want their healthcare to include wellness and alternative approaches, of which, exercise is a key component.

PHIT not only benefits hard-working Americans, but America's businesses as well.

- Removing barriers to physical activity pays dividends for employers as regular exercise is [directly linked](#) to increased productivity, lower presenteeism and absenteeism, and higher employee engagement.

PHIT is aligned with the pro-primary prevention approach toward healthcare.

- Chronic diseases are projected to cost the U.S. an average of \$2 trillion in medical costs and an extra \$794 billion annually in lost employee productivity from 2016 to 2030. ([Partnership to Fight Chronic Disease](#))
- At least [80%](#) of all heart disease, stroke and type 2 diabetes, along with more than 40% of cancers could be prevented by eliminating four lifestyle behaviors that fuel chronic diseases: physical inactivity, unhealthy diet, tobacco use, and too much alcohol.
- [\\$117 billion](#) in annual healthcare costs are associated with inadequate physical activity.

PHIT is responsive to the current administration's increased focus on Personal Responsibility, HSAs and tax credits.

- While there continues to be uncertainty around healthcare reform, HSA's and FSAs are here to stay and their use will likely increase.
- PHIT provides Congress common ground for giving hard-working Americans a way to make being physically active an easier financial choice.

PHIT will save Money and Make the Country Stronger

PHIT supports hard-working Americans in their efforts to exercise and live healthier lifestyles.
#PassPHIT - hub.ihrsa.org/phit-act

House (H.R.1267) and Senate (S.482)